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AN ADEQUATE DIET IN TERMS OF EVERYDAY FOODS* U. S. Department of Agriculture

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An adequate diet must supply all the dietary essentials in amounts needed by the individual and will depend upon age, size, degree of activity, and other conditions. The amounts which it is wise to provide for men, women, and children of different ages and for conditions of pregnancy and lactation, are given in the table of "Recommended dietary allowances," as set up by the Committee of Food and Nutrition of the National Research Council. These allowances however, are expressed in terms of grams, milligrams, micrograms, and international units, and are thus useful only to specialists in nutrition. They must be translated into terms of actual foodstuffs before they will be of service to the average individual.

To illustrate how this translation is done, let us take the requirements for an average woman at sedentary occupation. The proposed allowances for this woman are given in Table I.

Table I. An Adequate Diet for An Average Woman at Sedentary Occupation

Calories	2,100	Vitamin A	5,000 I.U.
Protein	60 gm.	Thiamine	1.2 mg.
Calcium	0.8 gm.	Riboflavin	1.8 mg.
Phosphorus	1.2 gm.	Nicotinic acid	12 mg.
Iron	12 mg.	Vitamin C	70 mg.

There are many combinations of foods which will cover these requirements. To prepare such lists it is necessary to have tables which give the amount of each of the dietary essentials in average servings of food, such as one cup of milk, one egg, one-half cup of vegetables. With these at hand, and with a knowledge of the foods available in a community in mind, a list of foods that will cover all the dietary needs can easily be made. One such list is given under Chart I. The foods here given supply about 1,300 calories. They are put in to safeguard the diet in respect to protein, minerals, and vitamins. It is assumed that the rest of the calories will come from white bread and flour, fat, sugar, and other foods to satisfy the appetite.

That this diet is adequate is shown in Chart I. It is evident that each food included in the list makes a definite contribution, and

* A digest of a talk given at the Land-Grant College Association meeting Chicago, Ill., November 1941.

that if any one were omitted some column would fall below the 100 percent line. This does not mean, however, that no food could be left out, but it does mean that if it is, some other food of equal value must be put in to take its place. If egg were omitted, for example, its place could be taken by a serving of beans or a second serving of meat, plus more butter to supply the vitamin A. Other substitutions could likewise be made by any one with an expert knowledge of foods.

A second list of foods that would also meet the requirements is shown in Chart II. The food here included could be raised on any farm or purchased in a city at low or moderate cost. It contains a quart instead of a pint of milk, uses more potatoes, whole-grain cereal and beans, and cabbage is chosen as the antiscorbutic. This diet, too, is generously adequate. It is notably high in calcium and riboflavin due to the generous amounts of milk used. This chart shows strikingly the high food value of these common inexpensive foods. A family with a low income but with such foods available could depend on them to make their dietary adequate and then spend any additional money they had on foods that their appetites craved.

These diet lists are illustrative only. Others can be made by any nutritionist from the foods available in a given locality. Once made, however, substitutions should be made only with a knowledge that the food included provides the equivalent in food values.



AN ADEQUATE DIET FOR AN AVERAGE WOMAN



















 Milk..... 1 pint	 Other vegetable..... $\frac{1}{2}$ cup
 Egg..... 1 med.	 Citrus..... $\frac{1}{2}$ cup
 Meat..... 150 Cal.	 or tomato..... 1 cup
 Potatoes..... 100 Cal	 Butter..... 300 Cal.
 Greens..... $\frac{1}{2}$ cup	 Whole or enriched bread or cereal.... 250 Cal.

CHART NO. 2



AN ADEQUATE DIET OF SIMPLE FOODS

 Milk..... 1 qt.	 Carrots..... $\frac{1}{2}$ cup
 Beans..... 100 cal.	 Whole cereal..... 600 cal. or bread
 Potatoes..... 300 cal.	 Butter..... 300 cal. or oleo + A
 Cabbage (raw)..... $\frac{3}{4}$ cup	 Fat, sugar..... 350 cal.

A VITAMIN C CALENDAR

Food lists for meeting the dietary requirements usually specify "Citrus fruit or tomato" to cover the vitamin C. This is the simplest way to say it because these foods are available the year round, and $\frac{1}{2}$ cup and $\frac{1}{4}$ cup, respectively, will cover the needs. There are many other ways, however, of meeting the requirement, especially during the summer months. In a rural community, fresh homegrown fruits and vegetables in season can easily meet the needs. As illustration of this a "Vitamin C Calendar" for southern Michigan is given herewith. Anyone familiar with the foods in season in a given community and with the vitamin C content of foods could easily make a similar one for that section.

VITAMIN C CALENDAR - FOR SOUTHERN MICHIGAN

Daily requirement 70 - 100 mg.
One medium orange provides 80 mg.

<u>May</u>	mg.	<u>Aug.</u>	mg.			mg.
rhubarb.....	24	new potatoes 2 - 3	30		potatoes 3 sm.	18
green onions.....	8	tomatoes 2	52		(old)	
radishes.....	15	early apples 2 - 3	24	<u>Dec.</u>	apples 3 - 4	20
dandelion greens...	25		106		cabbage 100 g.	50
					(raw)	
					cherries 200g.	12
					(can)	100
<u>June</u>		<u>Sept.</u>		<u>Jan.</u>		
leaf lettuce 100g.	10	peaches 2 - 3	40		or	
onions 100g.	8	pears 1	5			
greens 100g.	25	sweet corn ears 2-3	20			
strawberries 200g.	50	cantaloup 1 med.	50	<u>Feb.</u>	cabbage 1c.	50
(end of month)	93		115		(raw)	
					turnip	20
<u>July</u>		<u>Oct. and Nov.</u>		<u>Mar.</u>	potatoes	18
strawberries 200g.	50	apples 4 med.	32		apples	18
new peas 2 serv.	30	potatoes 3 med.	40			106
new potatoes 200g.	50	cabbage 10 g.	50			
	130		122	<u>Apr.</u>	Canned tomatoes	
					used freely all	
					during winter	
					months will fur-	
					ther safeguard	
					the diet.	

